

# GABRIELE

## FITNESS & PERFORMANCE



## WHO Can Motivate You?

*"Team sports are really difficult things. Sometimes your team wins because of you, sometimes in spite of you, and sometimes it's like you're not even there!"*

*That's the reality of a team game. Then at one point in my career, something wonderful happened . . .*

*I don't know how or why, but I came to understand what "team" meant. It meant that although I didn't get a hit or make a great play, I could impact the team in an incredible and consistent way. I learned that I could impact my team by caring first and foremost about the team's success and not my own. I don't mean by rooting like a fan. Fans are fickle. I mean CARE, really CARE, about the team -- about "US."*

*I became less selfish, less lazy, less sensitive to negative comments. When I gave up on me, I became more. I became a captain, a leader, a better person, and I came to understand that life is a team game. And you know what? I've found most people are not team players. They do not realize that life is the only game in town. Someone should tell them."*

*It has made all the difference in the world to me!*

**-Don Mattingly - Former Captain - New York Yankees**

**At GFP we believe that the greatest success can only be achieved through teamwork and cooperation. This is the foundation for our training and our business. This is why all of the training that goes on inside our facility is done in groups. We believe that the motivation and positive peer pressure of group training yields much better results than simply one client with one coach. Ask any great athlete and they will tell you that the fear of letting their teammates down pushed them much harder than any coach ever could.**

**With this philosophy in mind, we would like to announce the 3rd Installment of our Biggest Fat Loser Contest. Be sure to read the rules below, because this time around, a few things have changed.**

**The challenge this time will be to find just ONE other person that will motivate you and push you to achieve your goals, you can do the same for them. This will be The Biggest "Fat" Loser - Pairs Edition. Each team will only consist of two competitors, so choose your partner wisely.**

# Winter '11 Fat Loss Contest

**JANUARY 31<sup>st</sup> - MARCH 26<sup>th</sup>**

**8 Weeks**(*PRE-CONTEST Measurements taken: January 27, 28 & 29*)

## **FORMING YOUR TEAM:**

- Open to all: Current GFP clients or New Clients
- Must have a partner - co-ed teams ok
- **Both Team Members can be GFP Clients! YOU WILL RECEIVE:**
- 3- body composition analyses \$75 value
- Personal Assessment \$80 value
- Weekly emails with nutrition and fat loss tips
- All NEW clients receive \$100 off current Fat Blast Boot Camp

## **ENTRY FEE:**

- \$100 per person - cash or check due at registration
- \$75 per person - If team has one non-GFP member

## **PRIZES:**

1st Place team wins **\$ 1,800**

2<sup>nd</sup> place wins **\$ 800**

3<sup>rd</sup> place wins **\$400**

## **DEADLINE TO REGISTER**

**January 27th**

**Call 908-464-4441 or email**  
**[michelle@gabrielefitness.com](mailto:michelle@gabrielefitness.com)**

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